**Islamic Practices Revision Guide**

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| **The five Pillars, The Ten Obligatory Acts and the Shahadah** | |
| Five Pillars | * Central to belief, essential to a perfect life * Shahadah – declaration of faith * Salah – Prayer * Zakah – Charity * Sawm – Fasting * Hajj - Pilgrimage |
| <https://www.truetube.co.uk/film/five-pillars-islam> | |
| Ten Obligations of faith (Twelver Shi’a) | * Salah – Prayer * Zakah – Charity * Sawm – Fasting * Khums – 20% income tax, half goes to charity, half to six Shi’a leaders * Hajj- pilgrimage * Jihad- Struggle to maintain the faith and defend Isalm. * Amr-bil Maruf – encouraging what is good. * Nahi Anil Munkar – discouraging what is wrong * Tawallah- To be loving towards the friends of God, including Muhammad and the Imams. * Tabarra – disassociating with the enemies of God. |
| Shahadah | * ‘There is no God but Allah and Muhammad is the prophet of Islam. * It is the foundation of Islamic faith |
| Shahadah in Shi’a Islam | * Add ‘and Ali is the friend of God’ * This shows that Ali is the true successor of Muhammad. |

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| **Salah: the daily prayers** | |
| Times of prayer | * Sunnis are required to pray five times a day, from sunrise to sunset. * Prayer timetables can guide this   + Fajr – just before sunrise   + Zuhr – just before midday   + Asr – afternoon   + Maghrib – just after sunset   + Isha- Night * Shia Muslims pray three times a day, combining sunset and night prayers and midday and afternoon. |
| <https://www.truetube.co.uk/film/muslim-prayer> | |
| How do they prepare? | * Muslims must be spiritually clean before they pray. * This is achieved by a ritual washing called Wudu, following special instructions so they do it in the right order. * Mosques have special rooms for this and running water is used. * In the dessert a dry wash of sand and dust can be used. * It allows man to fully concentrate on prayer. |
| Direction of prayer | * Must be facing the holy city of Mecca. * Mosques have a Mihrab, which shows the direction of prayer. * A special compass can be used to find the direction. |
| Prayer in a mosque | * A special carpets, set out the space for prayer. * Prayers are led by an Imam. * Men and women pray in separate spaces. |
| <https://www.truetube.co.uk/film/holy-cribs-mosque> | |
| The rak’ah | * The daily prayers are made up of a number of rak’ah. * This is a set sequence of actions and recitations. * The morning prayer is made up of two rak’ah and the evening prayer is made up of four. * These are the basic actions;   + While standing, Muslims recite the first chapter from the Quran.   + While bowing, Muslims say in Arabic; ‘Glory be to my Lord who is the greatest’ three times. This bowing position show they believe God to be great.   + Returning to an upright positon, they make a recitation praising God.   + They kneel with their forehead, nose, hands, knees and toes touching the floor. This is called prostraction shows complete obedience to God. They recite ‘How prefect is my Lord the most high’.   + Muslims then sit reciting ‘God is greatest’ and after pausing for a few seconds, they repeat ‘God is greatest’. * Once the required number of rak’ah is completed, they recite ‘God is greatest’. * Du’a are personal prayers which maybe added to the final rak’ah. * These do not need to be in Arabic and do not follow a pattern. |
| Jummah Prayer | * Jummah is the midday prayer on Friday. * All male Muslins are expected to attend and women can too. * Once the prayer is completed, the Imam will deliver a sermon to remind Muslims of their obligation to God. * Muslims should attend on and return to work after. |
| Prayers at home | * Muslims can pray at home, but should perform Wudu before. * The room must be clean and they should face Mecca. |
| Significance of prayer | * It is what God commanded them to do. * It is a way Muslims across the world are united. * It reminds them that God is more important than they are. |

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| **Sawm: fasting during Ramadan** | |
| Ramadan | * Ninth month of the Islamic calendar. * It is believed that during Ramadan the Quran was first revealed. * Many Muslims recite the whole Quran, in daily sections over 30 days. * This allows Muslims to remember the importance of the teachings and their importance in their daily lives. * Muslims will fast, complete charity and please God. |
| Fasting | * Ramadan sees Muslims fast in daylight hours. * They get up before sunrise to eat and drink enough to keep them satisfied until the end of the day. * The evening meal is often shared with family and friends, prayers are said and readings form the Quran. * It have been obligatory since the seventh century. * Smoking and sex are also forbidden during daylight hours. * This can be difficult for Muslims living in non-Muslim countries. * The focus of Ramadan is God. * It is time to purify the thought to cleanse the soul. * It requires self discipline. |
| Expectations | * People can be excused like pregnant women, nursing mothers, babies, young children and those who are ill. * Some older children, may fast for a shorter length of time to help prepare themselves. |
| Charity | * It helps empathise with the poor. * They may invite the poor to eat with them * Many pay Zakat during this month. |
| Night of Power | * Is an important festival that marks the beginning of God’s revelation. * Observing the Night of Power give Muslims benefits of worshipping for a thousand months. * Muslims try to keep awake on each possible night of each, devoting to prayers and studying the Quran. |

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| **Zakat: almsgiving** | |
| Zakat | * For Muslims who have savings, it is compulsory to give 2.5% of their savings to the poor. * Muslims work out how much to pay during Ramadan. * This is an acknowledgement that everything comes from God, by giving to the poor. * Zakat means to purify or cleanse, removing selfishness and greed. |
| origins | * The figure of 2.5% was figured out by scholars as it was not stated in the Quran. |
| Given and receives | * Muslims can choose how to pay, some pay in gold. * It can be paid directly to a charity like Islamic relief. * Some may pay a Sadaqah, which is a voluntary payment on top of zakat. |
| Significance | * Fulling a duty imposed by God, makig clear they are a true Muslim. * Shows a good attitude towards money as you are sharing. * It strengthens communities * It links to prayers and puts them into action. |
| Khums | * Literally means a fifth * It refers to 20% of the excess income earned by Shi’a Muslims. Half goes to religious leaders and half goes to the poor. |

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| **Hajj: pilgrimage** | |
| What is hajj? | * It should be made at least once in a Muslims life, provided they are fit and healthy. * Some communities may pay for a person to go as it is a religious obligation. * It starts and ends in Mecca. * It usually takes place between 8th to 12th of Dhul-Hijjah, which is the last month in the Islamic calendar. * Three million Muslims take part each year. |
| Origins | * 4000 years ago, Ibrahim was told by God to take his wife and son with some supplies. * Within a few days, the supplies ran out and they began to suffer from hunger and dehydration. * Hajira ran up two hills trying to look for help, when she collapsed. * Ishmael hit is foot on the ground and water gushed up. * They traded some of the water for other supplies |
| **How is Hajj performed?** | |
| Entering a state of Ihram | * Pilgrims must enter a sacred state called Ihram. * This involved a ritual washing, prayers and putting on the Ihram. * The white cloth is a sign of equality and purity. * Women wear clothes of a single colour that cover the whole body, other than the face. |
| Circling the Ka’aba | * Hajj begins at the Ka’aba. * Pilgrims circle the Ka’aba seven times, anti-clockwise. * If possible, they touch the black stone (believed to be part of the original ka’aba, built by Ibrahim). * Others believe it was given by God to Adam to erase his sin and allow him a path into heaven. * They circle, reciting the prayer ‘Here I am. Oh Lord, at your service. Praise and blessings to you’. |
| Traveling to Arafat | * The crowd walks along a covered walkway linking the hills, which feature in the story of Ibrahim. * After completing seven circuits, they return to the Ka’aba to collect water from the well of Zamzam. * Muslims travel to Arafat, 13 miles away. Some may at Mina and read the Qur’an and pray. |
| Standing at Arafat | * Arafat is where Muhammad preached his last sermon. * They spend the afternoon in prayer. * The heat reminds them of the Day of Judgement. * God will forgive those who stand at Arafat. |
| Throwing pebbles at Mina | * Muslims walk to Muzdalifah, collecting 49 stones on the way. * These stones are thrown at three walls in Jamarat, which represent the devil and temptation and show they reject evil. * Many sacrifice an animal, which is a celebration of Eid-ul-Adha. The left over meat is given to the poor. * Men shave their hair and women cut off a lock of hair. |
| Returning to Mecca | * Pilgrims return to Mecca and circle the Ka’aba seven times * They return to Mina and spend two nights remembering God and reflecting on his blessing * Some will visit the mosque where Muhammad and early Muslim leaders are buried. |
| Significance | * Some go more than once in their lives. * Once you complete hajj, you can be called Hajji. * It can bring a deep spiritual transformation, being closer to God. * Teachers sincerity and humility. * Inner peace, valuing justice, honesty, respect, kindness, mercy and forgiveness. * Self discipline as not all can complete it. * Unity and equality, Ihram clothing is worn by everyone and pilgrims sleep in tents. * Reminds of the faith and examples set by Ibrahim, Hajira and Ishmael. * Can lead to forgiveness of sins. |

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| **Jihad** | |
| Jihad | * Jihad is the struggle against evil with for the individual or as a collective fellowship. * It required Muslims to strive to improve themselves and live how God wills. * Required every single moment of life. |
| **Greater jihad:** the personal inward struggle of all Muslims to live in line with the teachings of the their faith | |
| Greater Jihad | * Personal struggle * Keep the five pillars * Purify one’s heart from evil. * Devote life to God resisting temptations. * Some may choose to learn the Quran by heart. * Some may try to improve the lives of others (sadaqah). * These ways help to strengthen relationships with God. |
| **Lesser Jihad:** the outward struggle to defend one’s faith, family and country from threat. | |
| Lesser Jihad | * This was written in the 7th Century when Islam was at threat. * Must be declared by a religious leader. * Cannot be used to convert people to Islam. * In response to a threat to the faith * Must not gain territory or wealth * Be the last resort |

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| **Festivals** | |
| **Eid-ul-Fitr** | |
| Importance | * Eid-ul-Fitr means breaking of the fast. * It marks the end of Ramadan * It thanks God for the strength to complete the fast and for providing wisdom and guidance as it the Quran was revealed during this month. |
| Celebrated | * May be celebrated for between one and three days. * Muslims gather in a mosque or large outdoor area. * An Imam shares a sermon, usually around forgiveness and helping the poor. * Everyone wears their best clothes and homes are decorated. * Special foods are eaten and processions may take place. * Cards and presents are exchanged * It is not a public holiday in the UK, but many Muslims will be granted the day off. * Some may visit cemeteries to pray for family members who have died. |
| **Eid-ul-Adha** | |
| Importance | * Also known as the festival of sacrifice or Greater Eid. * It lasts for four days * It remembers Ibrahim, who was willing to sacrifice his son for God. * God intervened and stopped the sacrifice from happening. |
| Celebrated | * Muslims may visit friends and family and enjoy family meals. * It begins with prayers in a mosque. * In Britain, animal sacrifice is not allowed, so an animal may be brought from the slaughterhouse. * The family keep a third, another third is shared with friends and family and the last part is given to the poor. * Some families prefer to give money. * Cards and presents are given and meals are shared. |
| **Ashura** | |
| **Day of Ashura** is an important Shi’a festival, who remember the battle of Karbala and the death of Husayn on this day. | |
| Origins and meaning | * Shi’a Muslims also refer to it as the day of atonement, when the Israelites were freed from Egypt. * Others believe it is the day that Noah left the ark after the flood. * For Sunni’s it is a voluntary fast or give to charity * For Shi’a Muslims it remembers the tragic events of Karbala and the death of Muhammad’s great grandson. * They lost the battle and they were killed, having a profound effect on the surviving families. * Poems were written to retell the story and it is remembered with much sorrow. * Husayn’s martyrdom is widely seen as a struggle against injustice, tyranny and oppression. |
| Commemorated | * In some countries, a public holiday. * Shi’a take part in a public expression of grief and mourning. * Some flagellate to connect with Husayn’s death and sufferings. * Re-enactments of the story take place. * In the UK, many go to the Marble Arch in London. * Some choose to give blood. * Some go to a shrine in Karbala |